

PANHANDLE PUBLIC HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly worse for 12 indicators in the Panhandle PHD area, compared to Nebraska. More Panhandle adults aged 18 to 64 had no health insurance and more adults aged 18 and older needed to see a doctor in the past year but could not due to the cost of health care. Fewer adults had a personal physician or health care provider. Panhandle adults averaged more days in the past month when their physical health was not good. A greater proportion of adults in the Panhandle area stated that they would not leave their homes if an evacuation were required due to a major disaster. Greater proportions of men in this area reported ever using or currently using smokeless tobacco. Fewer adults aged 50 and older ever had a colonoscopy or sigmoidoscopy. Adults aged 65 and older in the Panhandle area were less likely to have had a flu shot within the past 12 months. Fewer adults in this area visited the dentist or had their teeth cleaned in the last 12 months, compared to Nebraska.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity in a usual week increased significantly from the 2005 baseline.

HEALTH CARE ACCESS

Compared to Nebraskans aged 18 to 64 years, a significantly greater proportion of Panhandle residents in this age group (21.2 percent) reported having no health insurance at the time of the survey.

In 2007-2008, 20.5 percent of adults in this area stated they did not have a personal doctor or health care provider—a significantly greater proportion than the statewide rate of 15.7 percent. Women in the Panhandle (16.9 percent) were significantly more likely than

women (11.2 percent) in Nebraska overall to report not having a personal physician.

At some time in the past year, 15.6 percent of Panhandle adults needed to see a doctor but could not due to the potential cost of care, compared to only 10.5 percent statewide (a statistically significant difference). Women in this area (21.9 percent) were significantly more likely than Nebraska women overall (12.7 percent) and Panhandle men (9.4 percent) to have been unable to see a physician because of cost.

In the current study, 56.9 percent adults in this area reported visiting a doctor for a routine checkup in the past year. Women in the Panhandle (58.4 percent) were significantly less likely than women statewide (69.2 percent) to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the Panhandle region, 18.2 percent of adults indicated their household was not prepared for a major disaster. Three-fourths (74.7 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (52.8 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 14.6 percent of households said they did not. Similarly, 7.4 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

One-fifth of households in this area (19.7 percent) did not have a working battery-powered radio, while 3.1 percent of households did not have a working battery-powered flashlight at the time of the survey.

The majority of BRFSS respondents in the Panhandle said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 10.4 percent stated they would not do so. This proportion is significantly greater than the statewide average (4.8 percent). Male respondents in this area (18.6 percent) were significantly more likely than men statewide (7.9 percent) and women in the Panhandle (1.9 percent) to say they would refuse to leave.

Three-fourths of respondents in this area (76.8 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an

emergency situation. Six out of ten adults (63.3 percent) said they would use a radio to get information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among Panhandle area adults, 86.3 percent considered their general health “good”, “very good”, or “excellent.”

Adults in this area averaged 3.4 days in the past month when their physical health was “not good”—significantly higher than the Nebraska average of 2.7 days.

Respondents in the Panhandle averaged 3.2 days when their mental health was “not good”. Women in this area reported significantly more days with poor mental health (4.7 days) than Nebraska women overall (3.1 days). They also averaged significantly more days with poor mental health than men in the Panhandle (2.1 days).

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 4.1 days in the past month.

DISABILITY

In 2007-2008, 18.5 percent of adults in the Panhandle area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.2 percent of adults in this area.

MENTAL HEALTH

Only 1.8 percent of Panhandle adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 7.7 percent of adults..

A larger proportion of adults (20.9 percent) said they had ever been diagnosed with a depressive disorder, while 11.4 percent stated they had received a diagnosis of an anxiety disorder at some time in their life.

CARDIOVASCULAR DISEASE

In the Panhandle area, 3.7 percent of adults said they ever had a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.9 percent in this area, with women in the Panhandle (4.3 percent) significantly more likely than women statewide (2.8 percent) to say they have this condition.

Fewer Panhandle respondents (2.4 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 27.7 percent in 2007.

Three-fourths of Panhandle area adults (73.4 percent) ever had their cholesterol level checked and 66.3 percent had it tested in the past five years. The five-year screening rate was significantly lower among Panhandle women (65.5 percent) than among Nebraska women overall (74.7 percent).

Among area respondents who ever had their blood cholesterol level checked, 29.5 percent had been told it was high.

DIABETES

Among Panhandle adults, 6.6 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

Three out of ten adults in this area (30.9 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the Panhandle area who had ever been told they had asthma was 13.6 percent, while 10.0 percent currently have this disease.

OVERWEIGHT AND OBESITY

More than one-fourth of all adults residing in the Panhandle area (29.0 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 36.7 percent were

classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 65.7 percent of adults in this area were overweight or obese in 2007-2008.

Men in the Panhandle (43.5 percent) were significantly more likely than women in this area (30.4 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

One-fifth of Panhandle adults (21.5 percent) consumed fruits and/or vegetables five more times daily.

PHYSICAL ACTIVITY

One-fourth of respondents in this area (24.6 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

One-half of Panhandle adults (49.7 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. The current rate represents a significant increase from the 31.9 percent reported in 2005.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 26.7 percent of respondents from this area.

TOBACCO USE

Among Panhandle adults, 23.4 percent said they currently smoke cigarettes, either daily or on some days of the month. Women in this area (23.5 percent) were significantly more likely than women statewide (17.3 percent) to say they were current smokers.

Among current smokers, 48.8 percent reported trying to quit smoking at least once in the past 12 months.

A significantly greater proportion of Panhandle men (60.5 percent) said they had ever used smokeless tobacco, compared to Nebraska men overall (41.4 percent). Men in this area (27.7 percent) were also significantly more likely than men statewide (12.6 percent) to report currently using these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 22.2 percent of adults in this area, while 2.8 percent engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 4.8 percent of adults in this area in the last month.

CANCER SCREENING

Among women aged 40 and older in the Panhandle, 57.9 percent stated they had a mammogram in the past two years. This rate is significantly lower than the Nebraska rate for women in this age group (69.9 percent).

Among women aged 18 and older, 96.0 percent reported ever having a Pap test, while 77.5 percent said they had this test within the past three years.

Most men aged 50 and older (69.4 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 59.7 percent said they had this test in the past two years.

A significantly smaller proportion of Panhandle adults aged 50 and older (48.6 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to the Nebraska average of 56.1 percent. Women in this area (46.5 percent) were also significantly less likely than women statewide (56.8 percent) to indicate they ever had this kind of exam.

Among persons in this age group in the Panhandle area, 20.3 percent said they had a blood stool test in the past two years.

IMMUNIZATION

Two-thirds of adults aged 65 and older in the Panhandle (68.5 percent) said they had been vaccinated for influenza in the past 12 months. This rate is significantly lower than the Nebraska rate of 76.3 percent. Panhandle men (61.1 percent) were also significantly less likely than Nebraska men overall (75.7 percent) to have a flu shot within the past 12 months.

Two-thirds of Panhandle adults aged 65 and older (65.2 percent) also indicated they ever had a pneumonia vaccination.

ORAL HEALTH

Compared to Nebraska (70.7 percent), a significantly smaller proportion of adults in the Panhandle area (59.2 percent) had visited a dentist in the past 12 months. Women in this area (56.9 percent) were significantly less likely than women statewide (73.6 percent) to have visited a dentist within the past year.

Similarly, a significantly smaller proportion of adults in this area (59.4 percent) reported having their teeth cleaned during the past 12 months, compared to Nebraska (70.1). Women in this area (57.2 percent) were significantly less likely than women (73.4 percent) statewide to have their teeth cleaned.

More than one-third of area respondents (36.3 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 17.1 percent reported having all their teeth extracted due to decay or gum disease.

PANHANDLE PUBLIC HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS								
1. No health care coverage among adults 18-64 years old	924	21.2	Sig.	382	22.4	542	19.9	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,396	20.5	Sig.	537	23.6	859	16.9	Sig.
3. Needed to see a doctor in past year but could not because of cost	1,398	15.6	Sig.	538	9.4	860	21.9	Sig.
4. Visited a doctor for a routine checkup within the past year	1,377	56.9	NS	533	54.4	844	58.4	Sig.
GENERAL EMERGENCY PREPAREDNESS								
1. Household not prepared for major disaster	523	18.2	NS	194	10.5	329	26.2	NS
2. Household has no disaster evacuation plan	525	74.7	NS	195	69.8	330	81.6	NS
3. Does not have at least 3-day supply of water	526	52.8	NS	195	46.3	331	61.1	NS
4. Does not have at least 3-day supply of non-perishable food	526	14.6	NS	196	13.6	330	15.3	NS
5. Does not have at least 3-day supply of prescription drugs	526	7.4	NS	195	3.2	331	12.8	NS
6. Household has no working battery-powered radio	522	19.7	NS	193	15.2	329	24.5	NS
7. Household has no working battery-powered flashlight	526	3.1	NS	196	0.6	330	5.1	NS
8. Household would not leave home if evacuation were required	479	10.4	Sig.	175	18.6	304	1.9	NS
9. Household would use cell phone as main source of communication	508	76.8	NS	188	76.7	320	76.4	NS
10. Household would use radio as main source of information	498	63.3	NS	187	64.6	311	60.3	NS
HEALTH-RELATED QUALITY OF LIFE								
1. General health was 'good' to 'excellent'	1,395	86.3	NS	537	88.4	858	83.9	NS
2. Average number of days (in past month) that physical health was not good	1,381	3.4	Sig.	534	3.1	847	3.7	NS
3. Average number of days (in past month) that mental health was not good	1,377	3.2	NS	529	2.1	848	4.7	Sig.
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	695	4.1	NS	236	4.1	459	4.0	NS
DISABILITY								
1. Limited in any way in any activities due to physical, mental or emotional problems	1,394	18.5	NS	535	17.0	859	20.2	NS
2. Have health problems requiring use of special equipment	1,395	6.2	NS	536	5.7	859	6.6	NS
MENTAL HEALTH								
1. Had serious psychological distress (SPD) in past 30 days	280	1.8	NS	95	0.9	185	2.6	NS
2. Have current depression (based on Severity of Depression score of 10+)	230	7.7	NS	95	3.4	135	12.5	NS
3. Lifetime diagnosis of depressive disorder	253	20.9	NS	99	11.0	154	31.0	NS
4. Lifetime diagnosis of anxiety disorder	254	11.4	NS	100	5.2	154	18.0	NS

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INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,391	3.7	NS	534	4.1	NS	857	3.3	NS
2. Ever told they had angina or coronary heart disease	1,387	3.9	NS	536	3.4	NS	851	4.3	Sig.
3. Ever told they had a stroke	1,396	2.4	NS	537	3.1	NS	859	1.8	NS
4. Ever told blood pressure was high	597	27.7	NS	216	30.9	NS	381	24.6	NS
5. Ever had cholesterol level checked	587	73.4	NS	212	73.1	NS	374	73.5	NS
6. Had cholesterol level checked during the past five years	579	66.3	NS	211	66.3	NS	368	65.5	Sig.
7. Ever told cholesterol was high, among those who had ever been screened	492	29.5	NS	173	28.1	NS	319	30.7	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,400	6.6	NS	538	6.8	NS	862	6.5	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	1,400	6.6	NS	538	6.8	NS	862	6.5	NS
ASTHMA									
1. Ever told they had asthma	1,395	13.6	NS	536	13.9	NS	859	12.7	NS
2. Currently have asthma	1,394	10.0	NS	536	10.1	NS	858	9.2	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,327	29.0	NS	528	29.4	NS	799	30.0	NS
2. Overweight (BMI=25.0-29.9)	1,327	36.7	NS	528	43.5	NS	799	30.4	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	589	21.5	NS	214	16.5	NS	375	25.2	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,398	24.6	NS	538	25.7	NS	860	24.3	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	556	49.7	NS	205	49.6	NS	351	48.3	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	570	26.7	NS	205	31.3	NS	365	21.7	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,395	23.4	NS	538	22.1	NS	857	23.5	Sig.
2. Attempted to quit smoking in past 12 months (among current smokers)	279	48.8	NS	105	39.6	NS	174	50.0	NS
3. Ever used smokeless tobacco (males)	--	--	--	313	60.5	Sig.	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	161	27.7	Sig.	--	--	--

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INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	548	22.2	NS	195	26.1	NS	353	21.5	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,373	2.8	NS	521	3.4	NS	852	2.3	NS
3. Engaged in drinking and driving in the past 30 days	391	4.8	NS	197	4.9	NS	194	4.5	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	544	57.9	Sig.
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	661	96.0	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	653	77.5	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	70	69.4	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	69	59.7	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	71	75.8	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	70	52.5	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	708	48.6	Sig.	267	50.9	NS	441	46.5	Sig.
9. Among adults aged 50+, had a blood stool test in past two years	656	20.3	NS	249	23.2	NS	407	18.2	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	468	68.5	Sig.	152	61.1	Sig.	316	74.0	NS
2. Ever had a pneumonia vaccination (aged 65+)	463	65.2	NS	150	59.2	NS	313	69.7	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	793	59.2	Sig.	317	58.5	NS	476	56.9	Sig.
2. Had teeth cleaned in past 12 months	712	59.4	Sig.	286	58.0	NS	426	57.2	Sig.
3. Had one or more teeth extracted due to decay or gum disease	793	36.3	NS	317	33.2	NS	476	39.7	NS
4. Had all of their teeth extracted (aged 65+)	274	17.1	NS	101	17.1	NS	173	17.1	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska